JAG PHYSICAL THERAPY

ANKLE REHABILITATION

DYNAMIC WARM UP - TOE WALKS



Lift the heels off the ground and walk forward on the toes. Keep the knees straight and the heels off the ground during the walk.

SETS: 3 laps **REPS:** 20 feet

DYNAMIC WARM UP - HEEL WALKS



Raise the toes off the ground and walk forward on the heels. Keep the knees straight and toes up during the walk.

SETS: 3 laps **REPS:** 20 feet

ANKLE PLANTARFLEXION WITH RESISTANCE BAND



Loop one end of a resistance band around the ball of the affected foot and hold the other end. Move the toes in a downward direction towards the floor. Return to the starting position with control and repeat.

SETS: 3 **REPS:** 10

ANKLE EVERSION WITH RESISTANCE BAND



Place a resistance band around the ball of the affected foot. Straighten both legs out so the band is underneath both feet and held taught. Roll the affected foot outward so the sole of the foot is going away from the midline of your body. Slowly return to the starting position with control and repeat.

SETS: 3 **REPS:** 10

ANKLE INVERSION WITH RESISTANCE BAND



Place a resistance band around the ball of the affected foot. Cross the unaffected leg over the affected leg to create a lever. Roll the affected foot inward so the sole of the foot is coming towards the midline of your body. Slowly return to the starting position with control and repeat.

SETS: 3 **REPS:** 10

ANKLE DORSIFLEXION WITH RESISTANCE BAND



Place a resistance band around the ball of the affected foot and the other end of the band secured in a low doorway or held by a clinician. Bring hte toes in an upward direction. Return to the starting position with control and repeat.

SETS: 3 **REPS:** 10

TOWEL CRUNCHES



Sit near the edge of a chair with the knees bent to a 90º angle and feet flat on the floor. Place a towel under the feet. Curl the toes and grab the towel with them. Make sure the ankle/foot is not lifted off the ground during the movement. Continue to grab the towel until the roll is curled up, and reset.

SETS: 3 **REPS:** 10

TOE YOGA



Sit near the edge of a chair with the knees at a 90º angle and feet flat on the floor. Life the big toe of the affected foot without lifting the other toes. Alternate and lift all four remaining toes without lifting the big toe, and repeat.

SETS: 3 **REPS:** 10

CALF/GASTROCNEMIUS STRETCH AGAINST WALL



Stand facing a wall with the feet hip width apart. Place the affected leg forward with the toes up on the wall and the other leg behind. Lean forward until a stretch is felt in the affected leg's calf.

SETS: 3 **HOLD:** 30 seconds

STANDING SOLEUS STRETCH AGAINST WALL



Stand facing a wall with the feet hip width apart. Place the affected leg forward with toes up on the wall and the other leg behind. Slightly bend the affected leg's knee. Lean forward until a stretch is felt in the lower part of the affected leg, closer to the ankle

SETS: 3 **HOLD:** 30 seconds

INTERESTED IN THE FULL VIDEO?

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